Santa Rosa Zero Waste Plan - Appendix I
ZERO WASTE | IN THE KITCHEN

Did you know? In the US, 43% of wasted food comes from households.

How can we change this and limit our food waste? Try these helpful tips!

HOW TO BUY:
- Shop in your grocery store’s **bulk section** or a local **farmer’s market**
- Bring **reusable bags, jars, and bottles** to carry your food while shopping
- Swap paper towels for **rags**, sandwich bags for **wax paper** or **containers**, and always use **cloth napkins**
- Reinvent **leftovers**
- **Remove stickers** before composting any food

HOW TO STORE:
- Store lettuce, thyme and lavender in a damp paper towel in the fridge
- Revive limp lettuce or carrots in a jar of ice water
- Keep citrus in a bag in the fridge (up to 3 weeks)
- Put herbs (basil, parsley, cilantro) in 2 in. of water in fridge
- Store an apple with potatoes to prevent sprouting
- Break up banana bunches and store apart
- Leave pears, avocados, and tomatoes on the counter stem down until ripe, then transfer to the fridge
- Store berries in a closed container with a paper towel at the bottom
- Keep avocados and bananas away from apples (which release a ripening compound)
- Use stale bread by making croutons or bread crumbs
- If you are about to compost lemon rinds, save the extra juice by making juice ice
Did you know?
The United States throws away 25 billion pounds of clothing every year!

MAKE A RESOLUTION!
- Go through your closet and donate anything you don’t wear
- Try to not buy clothes for a whole year
- Shop at secondhand store first to find what you need

WHEN YOU CLEAN HOUSE
Try some DIY Cleaning Products!

DIY Countertop Cleaner
- Mix 1 Part Warm Water + 1 Part White Vinegar + a couple drops of essential oil for a fresh smell

DIY Dish Soap
- Mix 3 tablespoons of water + 1 cup of Liquid Castile Soap (Dr. Bronners) + a couple drops of essential oil for a fresh smell
- Shake well.

DIY Deodorizer + Grease/Grime Fighter
- Use Baking Soda!
**ZERO WASTE | AT WORK**

### AT YOUR DESK SPACE

- Try going **without a trash bin** for a week. If you like it, don’t have one at your desk permanently!
- Have a **reusable mug, water bottle, utensils, and plate** for eating in
- **Reuse single-sided paper** by clipping paper at the top for a notepad

### LUNCH TIME

- **Eating out at a restaurant?**
  - Inform your waiter beforehand that you would not like a straw
  - Bring your own container for leftovers
- **Carrying out?**
  - Have or carry a multipurpose utensil, metal straw, and reusable bag if picking up food
  - Say no to bags, single use utensils and napkins at restaurant

### OFFICE PAPER USAGE

- Switch all printers to default double sides
- Use flash drives instead of CD’s
- Take packaging material back to your shipping center for reuse
- Start a junk mail purge, cancel phone directories and use electronic billing and statements
- Use recycled content paper (suggested 20-30%)

### BE A ZERO WASTE LEADER

- Convert the breakroom to zero waste (reusable plates, to-go containers, utensils, and dishwasher)
- Try to get your office to only have recycling bins at their desks.
- Conduct a waste audit and go through your trash to see what can be recovered
- Organize or collect batteries, printer cartridges and other e-waste to dispose at a proper facility or send back to seller (if applicable)
- Have a “Bike to Work” day
- Make a companywide policy to go paperless on one major office duty